

WHAT IS CLAIMED IS:

1 1. A method of ameliorating the symptoms of postpartum psychosis in a
2 patient in need thereof, comprising administering an amount of a glucocorticoid receptor
3 antagonist effective to ameliorate the symptoms of the postpartum psychosis, with the
4 proviso that the first psychotic symptoms arise within nine months of childbirth, that the
5 patient has never suffered any psychotic condition not triggered by childbirth, and that the
6 patient did not suffer from psychosis prior to parturition.

1 2. The method of claim 1, wherein the first psychotic symptoms arise
2 within eight weeks of childbirth.

1 3. The method of claim 1, wherein the glucocorticoid receptor antagonist
2 comprises a steroidal skeleton with at least one phenyl-containing moiety in the 11- β position
3 of the steroidal skeleton.

1 4. The method of claim 3, wherein the phenyl-containing moiety in the
2 11- β position of the steroidal skeleton is a dimethylaminophenyl moiety.

1 5. The method of claim 4, wherein the glucocorticoid receptor antagonist
2 comprises mifepristone.

1 6. The method of claim 4, wherein the glucocorticoid receptor antagonist
2 is selected from the group consisting of 11 β -(4-dimethylaminoethoxyphenyl)-17 α -propynyl-
3 17 β -hydroxy-4,9 estradien-3-one and 17 β -hydroxy-17 α -19-(4-methylphenyl)androsta-
4 4,9(11)-dien-3-one.

1 7. The method of claim 1 wherein the glucocorticoid receptor antagonist
2 is selected from the group consisting 4 α (S)-Benzyl-2(R)-prop-1-ynyl-
3 1,2,3,4,4 α ,9,10,10 α (R)-octahydro-phenanthrene-2,7-diol and 4 α (S)-Benzyl-2(R)-
4 chloroethynyl-1,2,3,4,4 α ,9,10,10 α (R)-octahydro-phenanthrene-2,7-diol.

1 8. The method of claim 1, wherein the glucocorticoid receptor antagonist
2 is (11 β ,17 β)-11-(1,3-benzodioxol-5-yl)-17-hydroxy-17-(1-propynyl)estra-4,9-dien-3-one.

1 9. The method of claim 1, wherein the administration is once per day.

- 1 10. The method of claim 1, wherein the mode of administration is oral.
- 1 11. The method of claim 1, wherein the mode of administration is by a
2 transdermal application, by a nebulized suspension, or by an aerosol spray.
- 1 12. A kit for treating postpartum psychosis in a human, the kit comprising:
2 (i) a specific glucocorticoid receptor antagonist; and,
3 (ii) an instructional material teaching the indications, dosage
4 and schedule of administration of the glucocorticoid receptor antagonist to a
5 patient with postpartum psychosis.
- 1 13. The kit of claim 12, wherein the glucocorticoid receptor antagonist is
2 mifepristone.
- 1 14. The kit of claim 12, wherein the mifepristone is in tablet form.